

Fig, Goat Cheese & Prosciutto Toast

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the goat cheese over the sourdough bread. Top with figs and prosciutto. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is equal to one slice of toast.

More Flavor

Add chili flakes, honey, and/or extra virgin olive oil.

Gluten-Free

Use gluten-free bread instead.

Dairy-Free

Use dairy-free cheese. Omit the cheese and use hummus instead.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

2 tbsps Goat Cheese

1 3/4 ozs Sourdough Bread (toasted)

2 Fig (sliced)

1 1/2 ozs Prosciutto (thinly sliced, torn into bite sized pieces)

Nutrition

Amount per serving

Calories	324	Vitamin A	142IU
Fat	9g	Vitamin C	3mg
Carbs	44g	Calcium	45mg
Fiber	4g	Iron	2mg
Sugar	17g	Vitamin D	0IU
Protein	18g	Vitamin B12	0µg
Cholesterol	35mg	Magnesium	17mg
Sodium	1094mg	Zinc	0mg
Potassium	232mg	Selenium	0µg